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The syndrome has increased dramatically since World War II, and is marked by early adult obesity, adult onset non-insulin dependent diabetes mellitus, and the formation of cholesterol gallstones and gallbladder cancer.

Food and Evolution discusses many topics of interest to health professionals, such as vegetarianism, dietary fibers, lactose intolerance, favism, cannibalism, and changes in nutritional status wrought by the decline of hunter-gathering and the rise of horticulture. Many sections will appeal to the general reader, but some will have limited interest for specialists. At times, such esoteric terms as "emic," "etic," "prolegomenon," etc. challenge the reader, and should have been clarified by judicious editing. However, a glossary is provided. Some inevitable overlap occurs with various essays, but many cross references are supplied. The book is well organized, with overviews for each section. The indices are sufficiently detailed to provide ready location of topics.

Beatrice Trum Hunter
Food Editor, Consumers' Research, Inc.
800 Maryland Avenue
Washington, D.C. 20002

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